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IN WHICH THE DANIMAL'S DUCK-LIPPED, VODKA-SWILLING WIFE MAKES HER DEBUT PAGE 7

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He's declaring Friday as "Green Day" in Saskatchewan, and he's practising what he preaches. Premier Brad Wall has his offices at the legislature decked out in Roughriders colours as he pushes for provincewide support for Saskatchewan's CFL team while it gears up for the Grey Cup championship game against the Hamilton Tiger-Cats on Sunday at Mosaic Stadium in Regina. Here, Wall is holding a helmet once used by former Riders player and current MLA Gene Makowsky. ROSS ROMANIUK/METRO IN REGINA

Mosaic closes in on last hurrah

'An end of an era.' Former Riders share their memories as stadium readies to host its final Grey Cup game

The stadium that was once home to CFL greats George Reed, Ron Lancaster and Dave Ridgway is about to host its last championship game.

Mosaic Stadium at Taylor Field, home of the Saskatchewan Roughriders, will hold the 101st Grey Cup clash on Sunday. And it will be torn down when a new facility is ready for the 2017 CFL season.

Former Roughriders player Steve Mazurak has fond memories of the place.

"I was blessed with the fact that I was able to be a teammate of Ron Lancaster and George Reed," said Mazurak, a Riders wide receiver and slotback from 1973 to 1981.

"To share a huddle with them and to stand there and go, 'OK, there's Ronny Lancaster, he's reading a play and he's actually calling my number,' that gives me goosebumps right this very second."

Steve Mazurak in the stands at the stadium. THE CANADIAN PRESS

Former offensive lineman Gene Makowsky says the stadium holds a special place in his heart, too.

"Certainly, the playoff games are the big games, but I still for some reason just remember the last drive by (then-Riders quarterback) Kerry Joseph in the '07 Labour Day Classic," said Makowsky, who played for the Riders from 1995 to 2011. "He ran 30 yards untouched in the end zone, and the crowd just went wild."

Mosaic Stadium — traditionally known simply as Taylor Field, until private-sector sponsorship changed its name — last hosted the Grey Cup in 2003, when the Edmonton Eskimos beat the Montreal Alouettes in front of 50,909 fans. It also saw the Baltimore Stallions — the only American Cup-winning team — defeat the Calgary Stampeders for the championship in 1995.

Built as a rugby field in 1910, the stadium is known for old bench-style seating and for wind that, as Mazurak says, will "knock your socks off."

Now the Roughriders' vice-president of sales and corporate partnerships, Mazurak has mixed feelings about the pending demolition. But he also says it's time for a new facility. "Then we can finally be what we want to be for our fans," he said, "and that's major-league."

Makowsky is one of those fans, a season-ticket holder who takes his children to games.

"There's been people that have sat in the same seats for 40 and 50 years," Makowsky said.

"So that's going to be certainly an end of an era, and it'll be a little bit sad in a way."

THE CANADIAN PRESS

GREY CUP COVERAGE, PAGES 18-19

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NEWS 1

Young aboriginals 'stepping forward' into leadership roles

Youth Summit. Assembly of First Nations chief inspired by youth who say, 'We've got this' — and tackle challenges facing their community

JACOB MORGAN
jacob.morgan@metronews.ca

The issues young aboriginal people in Canada face are comparable from the Pacific coast to the Atlantic.

On the second day of the National First Nations Youth Summit in Saskatoon, chief of the Assembly of First Nations (AFN), Shawn Atleo, facilitated a panel discussion featuring four youth leaders.

"Youth are stepping forward and being empowered to demonstrate leadership," he said. "This panel was a good example."

Having positive influences and role models, he added, sometimes means the difference between life and death.

"We know we have suicide rates that are five to six times the national average," said Atleo. "I am particularly inspired by the way young people are saying we've got this, we can absolutely step forward with confidence and tackle these challenges."

Assembly of First Nations Chief Shawn Atleo leads a panel discussion on leadership Tuesday during the National First Nations Youth Summit at TCU Place in Saskatoon. JACOB MORGAN/METRO

Erralyn Thomas, a 27-year-old from Nanaimo, B.C., and an AFN representative, said as a panellist part of her message was how she overcame the odds to achieve her goals.

"Alcohol broke up my family," said Thomas. "I was on the streets, worked in McDonalds for four years and my grandma pulled me in at 16 and sharpened me up."

She went on to graduate from the University of British Columbia's law school and play in the lacrosse World Cup.

"Sports taught me discipline, how to be a family member, dedication and drive," said Thomas.

From the opposite end of the country, Savvanah Simon of New Brunswick echoed that sentiment, and said she aimed to motivate attendees to be more than another statistic of substance abuse.

"(We have) common struggles, but we have unity as well, and the culture brings us together," said Simon.

PotashCorp commits $1M to food banks

Lee Knafelc, vice-president of human resources at PotashCorp, poses with Laurie O'Connor, executive director of the Saskatoon Food Bank and Learning Centre. JACOB MORGAN/METRO

Anyone getting into the giving spirit this holiday season could double their goodwill by donating to food banks in Saskatchewan.

PotashCorp announced Tuesday that the company will continue their tradition of matching every gift made to food banks in the province. This year the limit is $1 million, and the program lasts until Jan. 14.

"It's a provincewide initiative," said Lee Knafelc, vice-president of human resources at PotashCorp. "It runs from Lac la Ronge to Estevan. We have employees across the province, so it's great for us to be able to touch communities where our folks live."

CEO of the Regina Food Bank, Steve Compton, said that the help is needed now more than ever, as the number of people requiring assistance is approaching a new high.

Although there was a decline projected back in March, the food bank is currently closing in on 11,000 requests per month.

"That's a big number for us," said Compton. "We've certainly seen the effects of the higher cost of living and shortage of housing."

He added that the financial support from PotashCorp will put his organization in a position to meet the demand as it is encouraging people to become involved because "every dollar they donate becomes two."

Laurie O'Connor, executive director of the Saskatoon Food Bank and Learning Centre, said 43 per cent of those who need hampers are children, so healthy items such as whole-grain products and hearty soups are of the most use.

"(We're looking for) things that are really going to fill people's bellies and give them the nutrition they need," said O'Connor.

JACOB MORGAN/METRO

Group proposes super-sweet new snow park — for safety

$5 million. Officials say park would provide a safe alternative to hills and riverbanks

MORGAN MODJESKI
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Snowboarders Jaz Gatin, left, Jeff Currie and Nathan Thoen pose for a shot with snow-park committee chair Robert Letts, front left, and committee member Joe Van't Hof at the proposed site for a snowboard and snow-tube facility in Saskatoon's Diefenbaker Park. MORGAN MODJESKI/METRO

Saskatonians may soon have a new place to play.

On Monday, the Optimist Club of Saskatoon announced it's looking for $4.5 to $5 million to construct a winter activity centre at Diefenbaker Park.

With plans for a state-of-the-art warm-up facility, a snow-tubing area, snowboard park and two surface lifts, officials say the new facility will help winter sport enthusiasts stay active and safe.

"Right now, a lot of the snowboarders, they will go to the hills and they'll carve out spots along the riverbank, which I know causes concerns for the Meewasin Valley Authority and the city from a safety point of view," said Robert Letts, chair of the committee spearheading the project.

"Having one central location where they can come, have other like-minded kids (and have) people help training them and teaching them properly … would be a fabulous opportunity."

Letts explained the group is currently looking for a sponsor or variety of sponsors to come forward with the cash and that snowboarders in the community say there's a huge demand for the facility in Saskatoon.

"I think this is something the city has needed for a long-time," said snowboarder and Outtabounds manager Jeff Currie.

"I think that it would surprise a lot of the general public the amount of people and interest that there is in downhill skiing and snowboarding in this province," he said.

Coun. Mairin Loewen, who represents Ward 7, where the facility would be located, said she feels the proposed plan will help address a need for more leisurely winter activity options.

"Everything that we've seen to date has been really encouraging," she said on Tuesday at the top of Diefenbaker Hill, the proposed site.

"I can tell you that people are always looking for leisure activities in winter and I think there's a big demand for this kind of activity in Saskatoon."

Plans to construct the winter park were presented at Saskatoon's city council on Monday evening and have now been referred to city administration for further review.

An artist's rendering of the proposed snow park in Saskatoon's Diefenbaker Park. CONTRIBUTED

Crooked River, Sask.

CN Rail worker killed by train

An employee of Canadian National Railway is dead after being struck by a freight train in Saskatchewan.

The accident happened Monday evening near the tiny community of Crooked River, about 230 kilometres northeast of Saskatoon.

RCMP say the 39-year-old man was pronounced dead shortly after arrival at the hospital in Tisdale, about 15 kilometres away.

Sgt. Robert Findlay, a Tisdale RCMP spokesman, says the accident happened on the open prairie and that it was overcast and cold at the time.

Findlay says it's believed the man, whose name has not been released, was part of the train crew and may have been hit during a track-switching procedure.

CN has not released any details of the accident, but company spokesman Warren Chandler says the employee died during the performance of his duties.

CN police and the Transportation Safety Board are expected to be involved in the investigation.

THE CANADIAN PRESS

Regina vs. Hamilton

Mayors put pride on the line over Grey Cup game

The mayors of Regina and Hamilton, Ont., have made a friendly Grey Cup bet ahead of Sunday's big football game between the Roughriders and Tiger-Cats.

Mayor Michael Fougere and Hamilton Mayor Bob Bratina have chosen the traditional jersey bet, which will see the mayor of the losing team wear the football jersey of the Grey Cup champions at the next city council meeting.

The losing city will also fly the winner's flag outside its city hall.

Fougere and Bratina have also agreed that the losing mayor will donate food, totalling the combined weight of both mayors, to the food bank of the winning city.

"We had a nice chat on the phone yesterday and I told Mayor Bratina that I look forward to the Tiger-Cats coming to our city this week," said Fougere.

"I also asked him for his shirt size because the Riders are going to win the Grey Cup in front of the Rider Nation." CJME/THE CANADIAN PRESS

Rob Ford finds Jesus, Kenney finds his voice

Toronto, Ottawa. Mayor says he's thrown out the booze, top Tory says he's shamed the city

Toronto's disgraced mayor, Rob Ford, says he's had a "Jesus moment."

He says he's turning his life around, staying off alcohol and trying to lose weight.

He told CBC's Peter Mansbridge he has had a "come to Jesus moment" brought on by all the "belittling."

It was just another eyebrow-raising episode in the Ford scandal, filled with sensational stories about drugs and alcohol.

Another jolt came in Ottawa from top Tory Jason Kenney. He become the first federal cabinet minister to call on Ford to resign.

"I will say as an elected official that I think Mr. Ford has brought dishonour to public office and the office of mayor and his city," Kenney said as he left the Commons.

"I wish he had taken a leave of absence some time ago to go and deal with his personal problems.

"But not having done that, I personally think he should step aside and stop dragging the city of Toronto through this terrible embarrassment."

Justin Trudeau also joined the fray. "I will take no lessons in accountability from a man whose fishing buddy is Rob Ford," Trudeau said in response to Stephen Harper's attempts to deflect his queries on the Senate scandal.

On Monday, councillors slashed Ford's budget and handed many of his duties and staff to the deputy mayor.

THE CANADIAN PRESS

Back on the job (what's left of it): Rob Ford arrives at Toronto City Hall Tuesday. CHRIS YOUNG/THE CANADIAN PRESS

Sun News pulls plug

Ford TV show fades to black

Sun News has cancelled Mayor Rob Ford's TV talk show, Ford Nation, after its debut Monday evening.

Kory Teneycke, the network's vice-president, confirmed in an email to Torstar News Service that the show is over. The cancellation came after one of the sponsors — Canadian Tire — publicly withdrew its support.

"We won't be advertising on Ford Nation and are asking our manufacturers to not use our logos on the show," it said in a tweet.

Some tweeters had vowed to boycott the chain.

TORSTAR/THE CANADIAN PRESS

Montreal election

One vote means she's a winner

Don't ever let anyone tell you your vote doesn't count.

Just ask newly elected Montreal councillor Lorraine Page — who won her seat by a single vote.

A Quebec election spokesperson says a judicial recount confirmed that Page captured her north-end district on Nov. 3 by one ballot.

THE CANADIAN PRESS

Police in Mexico

Silence please, you're arrested

Members of a police force in Oaxaca, Mexico, can't hear or speak.

The Angels of Silence operate the city's surveillance cameras to look for street crimes.

Cynthia Zepeda, director of Oaxaca state's emergency services, said the officers have a highly developed visual sense.

"They allow us to notice situations that maybe a person who doesn't have that disability wouldn't notice. They read lips and can perceive suspicious movements in people," Zepeda said.

THE ASSOCIATED PRESS

Broke church law

Pastor stands firm on gay rights

A United Methodist minister convicted of breaking church law by officiating at the same-sex wedding of his son in the U.S. said Tuesday he is unrepentant.

He said he has been called by God to be an advocate for the rights of gays, lesbians, bisexuals and transgender people.

Rev. Frank Schaefer, testifying at the penalty phase of his church trial, refused to promise he wouldn't perform another same-sex union. Three of his four children are gay.

The church "needs to stop judging people based on their sexual orientation. We have to stop the hate speech. We have to stop treating them as second-class Christians," he told a jury of fellow United Methodist pastors in Pennsylvania.

THE ASSOCIATED PRESS

Murder-suicide attempt? State senator stabbed, son killed by a gunshot

A U.S. state senator was stabbed Tuesday in his head and chest at his home, and his son died at the residence from a gunshot wound, police said.

A Virginia police spokesperson wouldn't say who stabbed R. Creigh Deeds or how his son was shot.

"We're leaning towards it being an attempted murder-suicide," Corrine Geller said.

After the stabbing, Deeds was able to walk away from his home to a nearby road in rural western Virginia and a cousin who was driving by happened to spot the senator, police said.

They drove to the cousin's home and an emergency call was placed from there.

Inside the senator's home in Millboro, authorities found Deeds' 24-year-old son, Gus, suffering from a gunshot wound.

Despite efforts by state troopers and first responders, he died there.

Deeds and wife Pam divorced shortly after a 2009 election campaign. Deeds remarried last year but authorities would not say whether anyone else besides the senator and his son were in the home at the time of the attack. THE ASSOCIATED PRESS

Doc guilty of molesting 21 sedated women in OR

An anesthesiologist accused of molesting 21 female patients during surgery was found guilty on all counts Tuesday.

Dr. George Doodnaught, who was called a "sexual opportunist" by the Crown, had pleaded not guilty to sexually assaulting each of the women.

Some of Doodnaught's victims were in the packed Toronto courtroom as the verdict was read, and some people could be heard sighing with relief or whispering "Yes."

The assaults reported by the 21 women were similar, generally involving a combination of Doodnaught kissing them, fondling their breasts and putting his penis in their mouth or hand while they were under conscious sedation.

Quoted

"Because he was known for his caring approach, OR staff did not consider it unusual for him to be in very close physical proximity to sedated patients."

Judge David McCombs

All but one occurred during surgeries at a Toronto hospital between 2006 and 2010.

Judge David McCombs found Doodnaught's guilt on all the counts "overwhelming."

He noted the women did not know each other and were unaware of the particulars of the other patients' stories when they separately came forward.

Doodnaught — known for being "touchy feely," the judge noted — will remain free on bail until sentencing.

A date for sentencing arguments is to be set on Dec. 13.

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Ottawa. College takes heat for its new men-only campus in Saudi Arabia

Some faculty at Ottawa's Algonquin College are upset the college opened an overseas campus exclusively for men in Jazan, Saudi Arabia.

They're claiming Algonquin is putting revenues ahead of human rights.

Algonquin is one of 10 community colleges and technical schools from Canada, the U.S. and Europe invited to open schools in Saudi Arabia. And there's more to come.

With a student body of 850 in its first year of operations and enrollment expected to rise to 2,500 by year three, Algonquin College's Jazan campus revenue is predicted to exceed 100 million riyal, or $25 million, over the next five years. The college hopes to expand the number of courses it offers.

Algonquin lost on its bid to open a school exclusively for women, but has submitted a second bid for 2014.

"This is apartheid, and any notion of apartheid is unacceptable at Algonquin," said Jack Wilson, vice-president of OPSEU who teaches police & public safety. "Saudi Arabia doesn't respect human rights. This contradicts the college's core values of caring, integrity and respect."

Claude Brule, Algonquin's vice-president, academic, believes Saudi Arabia's invitation to Algonquin and other western schools is a sign that it is gradually becoming more open to contemporary democracy.

"We're making a positive change through education and progress," said Brule. "We've chosen engagement, not isolation."

DENIS ARMSTRONG/
FOR METRO IN OTTAWA

Greenpeace. Canadian activist arrested in Russia granted bail

A Greenpeace spokesman says a Canadian activist who was among 30 arrested during a protest in September has been granted bail by a Russian court.

Spencer Tripp says Paul Ruzycki of Port Colborne, Ont., one of two Canadians being held in Russia, was granted bail today.

The Primorsky court in St. Petersburg set bail at two million rubles ($64,500 CAD) each for the seven Greenpeace activists granted bail Tuesday.

The court said they will be released if the bail is paid within the next four days. Greenpeace said it would make money available as soon as possible.

Ruzycki and Alexandre Paul of Montreal are among the activists awaiting trial for taking part in a demonstration outside a Russian oil rig back in September.

His sister, Patti Ruzycki Stirling, says she and her brother's supporters are "over the moon" to hear the news but they are still waiting to learn what his bail conditions will be.

She says they have not yet been able to speak to Ruzycki because of strict control by Russian authorities, but are looking forward to that happening soon.

"Everyone is feeling buoyed that we're moving in a positive direction and the least that we think will happen is we should be able to very quickly have a conversation with Paul and let him know how much is going on here in Canada on his behalf," she said.

THE ASSOCIATED PRESS

Russian probe

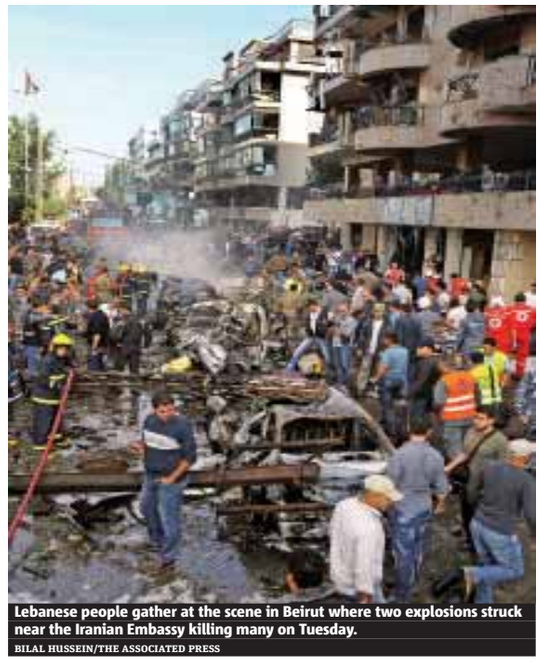
Plane crash due to faulty flying

The pilots of a Boeing 737 that plunged into the ground at Kazan airport lost speed in a steep climb then overcompensated and sent the plane into a near-vertical dive, according to a preliminary report released Tuesday by Russian aviation experts. All 50 people aboard were killed.

The Moscow-based Interstate Aviation Committee, which oversees the country's civil flights, said the plane's engines and other systems were working fine until the moment the plane crashed Sunday night.

THE ASSOCIATED PRESS

Suicide bombing near Iran Embassy kills 23 in Beirut



Lebanese people gather at the scene in Beirut where two explosions struck near the Iranian Embassy killing many on Tuesday.
BILAL HUSSEIN/THE ASSOCIATED PRESS

Sectarianism. Tensions between Lebanese Sunnis, who largely back Syrian rebellion, and Shiites, who tend to support Assad, flare up in bloodshed

Two suicide bombers detonated explosions outside the Iranian Embassy in a mainly Shiite district of the Lebanese capital on Tuesday, killing 23 people, including the Iranian cultural attache, apparently in retaliation for the Lebanese group Hezbollah's support of Syrian President Bashar Assad.

The bombings appeared to be another strike in an intensifying proxy battle over Syria's civil war that is rattling its smaller neighbour Lebanon. An al-Qaida-linked Sunni extremist group claimed responsibility for the attack, saying more would follow unless the Iranian-backed Shiite Hezbollah withdraws fighters that have helped Assad's military score key victories over Syrian rebels.

The midmorning blasts hit the upscale neighbourhood of Janah, a Hezbollah stronghold, leaving bodies and pools of blood on the glass-strewn street amid burning cars. More than 140 people were wounded, officials said.

A Lebanese security official said the first suicide attacker was on a motorcycle that carried two kilograms of explosives. He blew himself up at the large black main gate of the Iranian mission, damaging the three-story facility, the official said.

Less than two minutes later, a second suicide attacker driving a car rigged with 50 kilograms of explosives struck about 10 metres away, the official said. He spoke to The Associated Press on condition of anonymity in line with regulations.

The bombing was one of the deadliest in a string of attacks that have targeted Hezbollah strongholds in Lebanon in recent months in a campaign of retaliation by Sunni radicals over its backing of Assad in Syria's bloody conflict, now in its third year.

THE ASSOCIATED PRESS

Mediterranean island hit by freak storm, killing at least 16

In this photo taken on Monday, a truck and a bus are stranded by flood waters in a tunnel near Olbia, Italy. A torrential rainstorm killed at least 16 people on Tuesday. MASSIMO LOCCI/THE ASSOCIATED PRESS

The Mediterranean island of Sardinia, prized by the jet-set for its white-sand beaches and crystal-clear seas, was a flood-ravaged mud bath Tuesday after a sudden torrential rainstorm killed at least 16 people, downed bridges and swept away cars.

Italian Premier Enrico Letta declared a state of emergency and set aside 20 million euros ($28 million) for emergency relief, saying the priority was reaching remote areas, saving the lives of those still unaccounted for and providing for those left homeless. Letta later travelled to the island, where he met with people hit by the floods.

The island, which draws royals, entrepreneurs and ordinary tourists alike during the dry, peak summer months, received more than 44 centimetres of rain in 24 hours Monday — half the amount it normally receives in a year, officials said.

Italy's civil protection chief, Franco Gabrielli, said the death toll may still rise as crews reach isolated areas in the countryside where some homes are submerged. The civil protection agency in Olbia said the official toll was 16 with one missing late Tuesday, correcting the death toll of 17 that was issued earlier by a regional official.

Pope Francis said in a message posted on Twitter that he was "deeply moved by the appalling tragedy that hit Sardinia." He asked followers to offer prayers to the victims, "especially for the children."

Olbia Mayor Gianni Giovannelli said the city had been destroyed by the "apocalyptic" storm, with bridges felled and water levels reaching three metres in some places. He described the ferocity of the storm's rains as a "water bomb."

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It's either pipeline or more oil by rail, TransCanada exec warns

A 'tragedy.' Company on track to transport commodity by railway if Keystone XL project gets turned down

A denial of the proposed Keystone XL pipeline would lead to more oil moving across the continent by rail, an executive with pipeline builder TransCanada Corp. said Tuesday, calling such an outcome a "tragedy."

"While we view rail as a complementary short-term solution until more pipeline capacity is brought online, more rail terminals will be built to fill the capacity gap if Keystone XL is not approved," Alex Pourbaix, president of energy and oil pipelines, told an investor conference.

"And I think it's a real tragedy if this situation continues indefinitely, as pipelines are obviously much more cost-effective. They are statistically safer and more environmentally friendly to transport oil."

By the end of 2015, Pourbaix said rail loading capacity in Alberta is expected to double to 800,000 barrels per day — almost as much as the long-stalled Keystone XL pipeline would carry south of the border.

At the same time, Pourbaix said U.S. Gulf Coast rail unloading capacity is expected to exceed 900,000 barrels per day.

All this is happening ahead of a big increase in oilsands production, with Suncor Energy Inc., Imperial Oil Ltd. and Royal Dutch Shell set to collectively add 370,000 barrels per day of new output through new projects in coming years.

TransCanada first applied for a permit to build Keystone XL to bring oil to the U.S. Gulf Coast more than five years ago. The pipeline has become one of the more politically divisive issues in the United States, pitting environmental and landowner interests against national security and economic ones.

Some opponents view the pipeline as a major contributor to global climate change, saying it would enable growth in Alberta's oilsands. Others are focused on local concerns over the impact on land and water in the event of a spill.

Pipeline supporters would prefer the United States buy its oil from Canada than from unstable regimes elsewhere in the world. They also point to the jobs and other economic benefits the pipeline would bring.

With Keystone XL and other pipelines mired in regulatory delays, Canadian and U.S. oil producers have been increasingly turning to rail to get their crude to market.

But scrutiny over the safety of that mode of transport has intensified after a string of high-profile events this year. Most notably, a train laden with oil crashed into the town of Lac Mégantic, Que., this summer, killing 47 people.

THE CANADIAN PRESS

Why is it either/or?

"Rather than asking communities to pick their poison, we should stop expanding tarsands production and invest in alternatives."

Greenpeace's Keith Stewart

A worker inspects a railway car that was part of a convoy of cars carrying crude oil that derailed resulting in explosions in Lac-Mégantic, Que., on July 7. A TransCanada Corp. executive says rail will be used more often to transport oil if the Keystone pipeline project is not approved. PAUL CHIASSON/THE CANADIAN PRESS

Train troubles

With Keystone XL and other pipelines mired in regulatory delays, Canadian and U.S. oil producers have been increasingly turning to rail to get their crude to market.

- But scrutiny over the safety of that mode of transport has intensified after a series of high-profile events this year. Most notably, a train laden with oil from North Dakota's Bakken region crashed into the town of Lac Mégantic, Que., this summer, killing 47 people.

#justjoking? Minister of employment posts, then deletes anti-union tweet

Shortly after midnight Tuesday, Canada's minister of employment took to Twitter to thank his staff for working overtime.

"Just wrapped up a meeting with several staff members, at midnight," Jason Kenney tweeted. "Good thing they're not unionized!"

Twitter users pounced on the minister, calling him "an uncaring boss" and accusing him of "union bashing." Others claimed the tweet was evidence of an anti-labour bias amongst federal Conservatives.

Unifor president Jerry Dias said Kenney's comments were "arrogant" and inappropriate given that roughly one in three Canadians belongs to a union.

Employment Minister Jason Kenney claimed this Twitter posting, later deleted, was a joke. TWITTER

Kenney quickly backpedalled, deleting the tweet and replacing it with one that lacked any reference to unions. He later referred to the remark as a joke, and said it "wasn't intended as a political comment."

As for Kenney's staff, Dias suggested they consider joining a union. LUKE SIMCOE/METRO

Calling for an apology

"He should be apologizing.... He just insulted 10 million Canadians. He just insulted the entire middle class."

Unifor president Jerry Dias on Jason Kenney's tweet

Random biz fact of the day

46%

46 per cent of workers said a company's employment brand plays a very big role in their decision to apply for a job within the organization; 45 per cent say it plays somewhat of a role.
CAREERBUILDER

Market Minute

DOLLAR 95.50¢ (-0.36¢)

TSX 13,442.60 (-15.46)

OIL $93.34 US (+31¢)

GOLD $1,273.50 US (+$1.20)

Natural gas: $3.55 US (-6¢)
Dow Jones: 15,967.03 (-8.99)

Company co-operating

Ikea France execs charged in alleged snooping case

France issued preliminary charges Tuesday against the CEO and chief financial officer of Ikea France in a case alleging they snooped illegally on employees and customers.

Ikea France confirmed the charges were brought late Tuesday against CEO Stefan Vanoverbeke and finance chief Dariusz Rycher, who were both held for questioning Monday and Tuesday.

The company said in a statement it would co-operate in the case.

An official close to the investigation said former CEO Jean-Louis Baillot — among four executives fired after the alleged spying came to light — also faced preliminary charges.

Similar legal action has been taken against at least two police officers.
THE ASSOCIATED PRESS

Americans wondering

Butterball: Why is my little turkey so skinny and bony?

Butterball apparently has big fat mystery on its hands: The company says it doesn't know why some of its turkeys wouldn't plump up in time for Thanksgiving in the U.S. this year.

CEO Rod Brenneman says in an interview with the AP that it's the first time it happened and that the company is investigating what went wrong. Butterball had announced last week that it will have a limited supply of large, fresh turkeys that are 16 pounds or heavier for the holidays. THE ASSOCIATED PRESS

Americans are facing a shortage of big Butterball birds. GETTY IMAGES FILE

Michael Bloomberg

N.Y.C. bans tobacco sales to under-21's

Mayor Michael Bloomberg signed landmark legislation Tuesday banning the sale of tobacco products to anyone under the age of 21, making New York the first large city or state in the country to prohibit sales to young adults.

During a brief ceremony at city hall, Bloomberg said raising the legal purchase age from 18 to 21 will help prevent young people from experimenting with tobacco at the age when they are most likely to become addicted. City health officials say 80 per cent of smokers start before age 21.

The mayor, a former smoker, also signed legislation setting a minimum price for all cigarettes sold in the city: $10.50 US per pack. The same new law bans retailers from offering coupons, 2-for-1 specials, or other discounts.
THE ASSOCIATED PRESS

Douglas Coupland

Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.

Day 13

metronews.ca/temp

Sick daze

In sickness and in health, temps show up for work

The insecurity of temporary employment prevents workers from taking the time off to address their health issues, argues a team of researchers from the Institute for Work & Health, an independent not-for-profit organization, in a 2010 study.

They found that:

• Workers in temporary jobs were 37 per cent less likely to be absent due to sickness compared to those with permanent positions.

• Workers with tenure of one to three months were 27 per cent less likely to take an absence when compared to workers who hold a longer tenure.

PHOEBE HO/FOR METRO

ISTOCK

Woe befalls Walmart

Fight for your rights, face retaliation?

Federal officials in the U.S. are prepared to file formal complaints against Walmart for allegedly violating the legal rights of protesting workers last year. THE ASSOCIATED PRESS

Temp Does Ambulance Duty

I asked Darren to put Dan into the BMW's back seat. "If we dump him by the door at Crown, they'll be forced to take pity on him."

Darren rifled through the glove compartment. "Look! A BlackBerry Z10!" The BlackBerry then promptly rang (ringtone: Dust in the Wind by Kansas). "Hello?"

A woman squawked on the other end. I grabbed the receiver. "Hello, who's this?"

"It's Chantelle, Dan's wife. Who's this?"

"I'm Shannon. I'm a temp at Dan's office. He had an accident and we're trying to take him to a hospital but he doesn't have his credit cards so nobody wants him."

"Come to our house and pick me up."

"Aren't you in Florida?"

"I found a card with a pile of unused frequent flyer miles so I returned early."

Chantelle was on the curb. Her lips were swollen like Donald Duck's beak, and it was hard to not stare.

"I know I look strange but I never expected to get old and then one day it happened and, as you can see, I'm not handling it well. I know I look ridiculous."

On cue both Darren and I chimed, "No, you look great!"

Darren added, "I'm sure your lips will look terrific once they deflate, Chantelle."

Chantelle was unruffled by the sight of Dan in the back, and with me at the wheel and Darren in the passenger seat looking and smelling very street-y. Chantelle removed a fifth of vodka from her purse. "Any takers?"

Darren eagerly accepted, and we soon arrived at Crown Permanente. "You two lug him in," she said. "I'll handle the staff."

"You've got your credit cards, then?"

"Cards shmards. A well-dressed, well-nourished white woman with obvious cosmetic surgery is welcome in any hospital on the planet."

Dang if she wasn't right. The supermodel nurse beamed at her, while another fetched her a cappuccino and asked which satellite music station she preferred. We dropped Danimal's carcass inside the door and two hot guys who looked like Qantas flight attendants whisked him away. It couldn't have been more pleasant.

"You two wait in the car. I'll be out in a sec."

Chantelle soon emerged and got into the back seat. "Shannon take me home. Darren, you stay the night at my place. We can party and maybe you can take a shower later. Dan's clothes will fit you, too. Shannon, you keep the car for a few days."

"I'm Shannon. I'm a temp at Dan's office. He had an accident and we're trying to take him to a hospital ..."

"Seriously?"

"I may be aging gracelessly, but I'm no idiot like Kevin's wife. Just promise me you won't set fire to it."

"It's a promise."

I feel like a bad person, but I was so excited to have a Beemer for a few days that I forgot to ask what was wrong with Dan.

TO BE CONTINUED ...

Random biz fact of the day

67%

A majority of job seekers say they would accept a lower salary if the company had exceptionally positive reviews online (67 per cent) or a lot of positive press recently (65 per cent).

SOURCE: NEXCAREER

Random fact of the day

Call it experimental parenting.

- A dad only spoke Klingon to his son for the first three years of his life to study how children developed language.

SOURCE: OMG-FACTS.COM

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TO THINE OWN SELFIE BE TRUE

JUST SAYIN'

Paul Sullivan
metronews.ca

Have you heard the Word?

The Word of the Year, that is.

According to the Oxford Dictionaries, the 2013 Word of the Year is "selfie": "A photograph that one has taken of oneself, typically one taken with a smartphone or web cam and uploaded to a social media website."

Selfie beat out other worthy words, such as "binge-watch," which is the stupefying practice of watching entire seasons of TV episodes in a single, coma-inducing couch session, and "olinguito," the cute, little, previously-unknown mammal found in the mountain forests of Colombia and Ecuador.

Just think how trendy you can sound if you get all three into a single sentence, something like:

"I was, like, binge-watching back episodes of Too Cute on Animal Planet and uploading selfies 'cause I was like — bored — when I came across a program about the olinguito, which, was, like, just discovered this year. It's like the smallest member of the raccoon family."

Or something like that.

Selfie is the perfect word for a neo-narcissist generation that can't resist itself. Typically a selfie is taken in poor light, usually out of focus, artlessly posed and composed, but nevertheless considered suitable for sharing with the WHOLE world on Instagram.

I don't see the attraction. Every selfie I've ever taken looks like Nick Nolte's mug shot and has been instantly deleted. I guess I need to spend more time getting in touch with my inner 15-year-old girl.

I'm obviously in the minority. Oxford picked selfie because the frequency of use has increased by 17,000 per cent over the same time last year.

Which leads me to wonder if the Oxonians are running some vast offshore language surveillance pound where bearded professors in tweed and leather elbow-patched jackets monitor the world's conversations while sipping sherry.

You should know as well that Oxford's not the only outfit engaging in this Word of the Year racket. In fact, there's even a Word of the Year season. This year's began on Nov. 5, when the Global Language Monitor issued its 10 Top Words, which, oddly enough, does not include selfie. The two lists do however share "twerking," which is defined as: "To dance to popular music in a sexually provocative manner involving thrusting hip movements and a low, squatting stance." As in: "Look, Daddy, Hanna Montana's twerking."

The Word of the Year season ends, thankfully, in January, when the American Dialect Society announces its candidate. Last year's, by the way, was "hashtag," as in "#decline of Western civilization."

Meanwhile, you'll have to excuse me. I'm not feeling too well. I dropped my smartphone into the toilet while I was taking a selfie of me taking a selfie in the bathroom mirror, and now I'm suffering from nomophobia (2012 runner-up) which means "anxiety caused by being without one's mobile phone."

I feel so unfriended (2009).

ZOOM

Shot with a DIY cam? Snow way

A Russian photographer proves you don't need expensive equipment to take wonderful macro photographs.

Alexey Kljatov, from Moscow, used a homemade camera rig consisting of a wooden board, adhesive tape, a piece of glass and a $45 lens from an old camera to capture the beautiful shapes of snowflakes.

Kljatov's images prove that no two snowflakes are alike, but it's down to atmospheric factors that give snow crystals their uniqueness. Snowflakes are hexagonal in shape in their basic form, but once they've fallen, the crystals interact with temperature, vapour and gravity.

METRO

COURTESY ALEXEY KLJATOV

Photog's viewpoint

"As the first frost arrives, I spread my woolen scarf on my open-air balcony and wait for the snowflakes to fall."
Alexey Kljatov

Kljatov's DIY setup features a Canon Powershot A650 and a 44M-5 Helios lens from a Soviet Zenit camera. COURTESY ALEXEY KLJATOV

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Congratulations to 'selfie' for deservedly bringing home the Oxford Dictionaries 2013 Word of the Year tiara. We glanced away from the bathroom mirror long enough to check the official shortlist, and here are some of the runners-up.

A picture of two people taking a photo of themselves — also known as a group selfie. BOB DASS/FLICKR

Twerk:

Credit pearl-clutchers trying to shield us from the evils of Miley Cyrus for teaching our elders about twerking. However, the excellence of We Can't Stop aside, Miley isn't the twerk authority. Seek out Big Freedia, the mighty New Orleans rapper with a mightier stage show and cut-to-the-chase lyrics like "a-- over here/a-- over there/a-- everywhere." Bonus: An instructional video on teaching your dog to twerk.(bigfreedia.com)

Binge-Watch:

Breaking Bad was to binge-watching what Miley was to twerking. Sadly, one of them will never be heard from again. But if you happen to be up to date on the fate of Walter White, there's plenty of other binge-worthy shows on Netflix. Top of the Lake and The 4400 are fine fare for drama fans. Archer and Peep Show are shining beacons of comedy.

Schmeat:

Synthetically made meat that's less pejoratively known as "in-vitro." In August, a team of scientists served up the world's first hamburger made from the stuff, the end stage of a process that began with harvesting muscle cells from a living cow. The world's rising demand for food isn't a passing trend, so pencil schmeat in as a 2014 contender. Learn more about how it was done at culturedbeef.net.

Twitter

@metropicks asked: Oxford Dictionary declared 'selfie' 2013's word of the year. Whatevs. Nominate a word of the year for our Best Of List

@Canucklehead_ca: twerk: As in, "Guess I have time for a quick beer before I get back twerk." Cheers!

@CHFIErin: Anything but "adorbs". It's just "ridic".

@Xenojay: At least it's not "duckface"? #Selfie #WordOfTheYear #HumansAreTerrible

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WE WANT TO HEAR FROM YOU: Send us your comments: saskatoonletters@metronews.ca

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Rock 'n' roll's temp-tation

Filling the shoes of an established artist is never easy but sometimes 15 minutes of fame is all you need to jump start a career or revitalize an existing one.

MIKE DOJC
scene@metronews.ca

Tim "Ripper" Owens

One minute he's a hardcore Judas Priest fanboy screaming his favourite band's songs as the frontman of a tribute act and the next minute he's stepping in for Rob Halford behind the mic.

During his seven-year stretch with the British metal gods he worshipped growing up, Owens recorded a pair of studio albums (Jugulator and Demolition) and a couple live ones and garnered a Grammy nomination for best metal performance in 1999 for Bullet Train.

Aftermath: Owens' fan-to-frontman story inspired the Mark Wahlberg movie Rock Star.

David Coverdale

Before Whitesnake and achieving monster balladeer immortality, Coverdale read an article in Melody Maker that changed his life.

Ian Gillan had quit the band and Deep Purple were auditioning singers. Coverdale's bluesy vocals and impressive rocker hair fit the bill and just like that he's heading to America for the first time and walking out on a stage in front of over 200,000 screaming fans at 1974's California Jam.

You can hear Coverdale on Purple's Burn, Stormbringer, and Come Taste the Band.

Aftermath: "An' here I go again on my own/ Goin' down the only road I've ever known/ Like a drifter I was born to walk alone."

ALL PHOTOS GETTY IMAGES

J.D. Fortune

After hearing guitarist Tim Farriss tell him the words he was praying to hear, "You are right for our band," on the finale of CBS's Rock Star: INXS, Fortune went from sleeping in his car to touring the world with one of Australia's sexiest musical exports.

It was a fairy tale dream come true for the Mississauga native who never had much luck with office jobs and once paid the bills as an Elvis impersonator.

A longtime fan, the first song Fortune learned to play on the guitar growing up was the band's smash Devil Inside.

Aftermath: INXS fired Fortune in 2011. Chasing Fortune a film about J.D.'s wild ride and his attempts to keep on rocking premieres Nov. 12 on Super Channel.

Ronnie James Dio

After Black Sabbath sacked Ozzy Osbourne in 1979, Ronnie James Dio — who had previously fronted Elf and Rainbow — was tapped to join heavy metal's most influential band.

Dio revitalized Sabbath during his original three-year spell with the band. But you only really know how much they love you when they ask you back, as they did in the early '90s to record Dehumanizer.

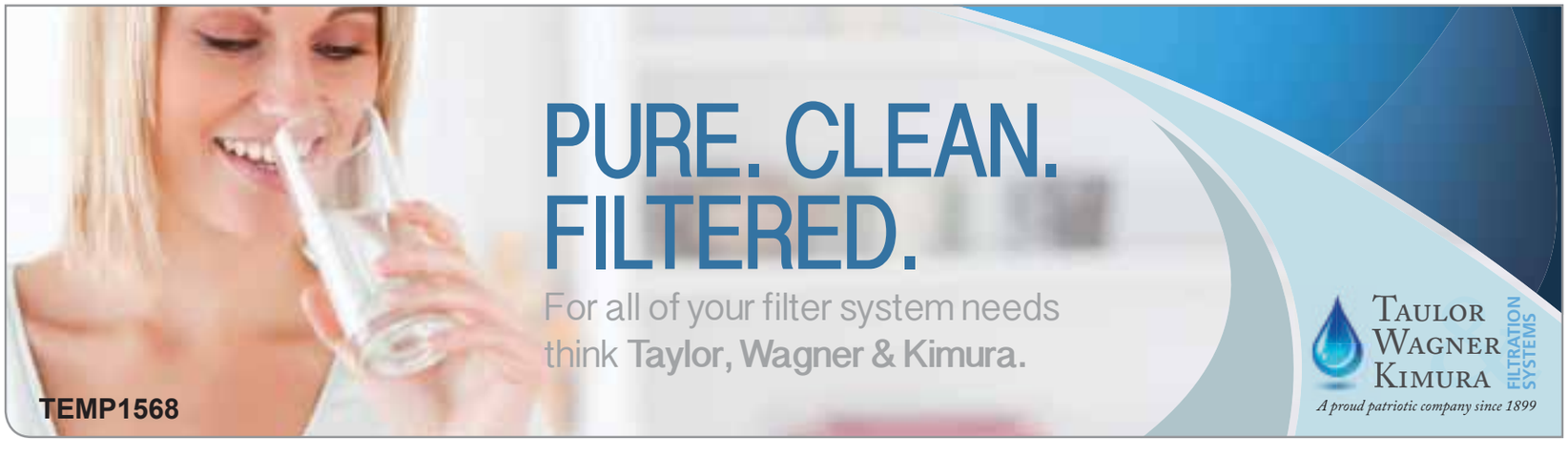
Aftermath: Dio was a successful '80s solo artist spurred by the strength of hits like Holy Diver and Rainbow in the Dark. Before his untimely passing in 2010 he would "temp" again with Sabbath buddies Tony Iommi and Geezer Butler on a 98-date world tour under the band name Heaven & Hell.

Adam Lambert

While nobody can really replace Freddie Mercury, the American Idol Season 8 glam rocking runner-up has the dramatic chops and requisite vocal gymnastic abilities to do Queen anthems We are the Champions and Bohemian Rhapsody justice.

Following the five year Queen + Paul Rodgers collaboration, which resulted in a pair of world tours and a studio album, Lambert has stepped up to the plate.

Aftermath: Lambert last performed with Queen at this fall's iHeart Radio Festival and he had a guest stint on Glee this month.



Tucci: The odds are ever in his favour

Catching hire.
Hunger Games actor finds success in a diverse number of Hollywood roles.

IN FOCUS
Richard Crouse
scene@metronews.ca

Stanley Tucci plays TV host Caesar Flickerman in The Hunger Games films. CONTRIBUTED

Is Stanley Tucci the busiest actor in Hollywood? This year alone added five movies to his IMDB page with five more in the pipeline for 2014.

This weekend in Hunger Games: Catching Fire, he plays Caesar Flickerman, the elaborately coiffured host of The Hunger Games television broadcasts. Despite being disguised with wild wigs, fake teeth and plenty of bronzer, it is unmistakably Tucci, one of the most interesting actors working today.

He made his big screen debut in the 1985 gangster comedy Prizzi's Honor followed by several years of dues-paying stage work and movie roles like Second Dock Worker in Who's That Girl before landing recurring spots on Miami Vice and Wiseguy.

A succession of supporting roles lead to the one-two punch that made him a name actor. Producer Steven Bochco's television drama Murder One cast Tucci as Richard Cross, a Machiavellian multimillionaire accused of the strangulation of a 15-year-old girl.

The following year a much different part earned him an Independent Spirit Award nomination for best actor. In The Big Night he plays Secondo, owner of an Italian restaurant called Paradise. The place is slowly going broke but may get a boost from a visit by singer Louis Prima. If Prima shows up the restaurant will have a big night and be saved from bankruptcy.

It's not only one of the greatest food movies ever made — you'll want to go for risotto afterward — but it also features what Rolling Stone's Peter Travers called "an unforgettable acting duet" between Tucci and Tony Shalhoub, who plays his temperamental chef brother, "that is as richly authentic as the food."

Since then Tucci has played everything from villains — strangling a Supreme Court justice in The Pelican Brief — to a flamboyant nightclub manager in Burlesque, to the God of wine Dyonisius in Percy Jackson: Sea of Monsters to Puck in A Midsummer Night's Dream. Opposite just Meryl Streep alone he's played everything from a gay art director in The Devil Wears Prada to Julia Child's loving diplomat husband Paul in Julie & Julia.

In 2010 he received his first (but probably not last) Oscar nomination for his work in The Lovely Bones. He played the murderous Mr. Harvey, all twitchy movements and squeaky voice; he was Norman Bates without the overbearing mom.

"I don't like to watch things about serial killers or kids getting hurt," he said, "but this was something beyond that. It was an exploration of loss and hope."

Fandemonium

Seven hundred fans of the popular book trilogy The Hunger Games spent the weekend camped out on the concrete in front of L.A. Live plaza.

- they were rewarded with games, celebrity meetings and tickets to Monday's premiere of The Hunger Games: Catching Fire.

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Hello Mr. Bond, he's been expecting you — for 30 years

You only live twice.
Screenwriter's decades-long legal battle kept famous James Bond super villain Ernst Blofeld in the dark, until now (maybe)

MATT PRIGGE
Metro World News in New York City

Donald Pleasence as Bond's archenemy Blofeld in You Only Live Twice. CONTRIBUTED

It's been 30 years since James Bond super villain Ernst Blofeld terrorized movie screens. Predictably, you can blame a lawsuit.

For 50 years a legal battle ensued with screenwriter Kevin McClory, who died in 2006. But word has come that his estate has settled with Bond studio MGM and production house Danjaq. This means — but does not ensure — that in the 24th Bond film, to be released in late 2015, Daniel Craig may get his own shot at fighting Blofeld.

Though he appeared in six of the movies (seven if you count the non-canonical Never Say Never Again), Blofeld — head of the mysterious and powerful criminal circuit SPECTRE — was only in three of Bond creator Ian Fleming's novels. The book that introduced him, Thunderball, was not an original but rather a novelization of a script Fleming had written with others in the 1950s, in a failed early attempt to bring Bond to the screen.

Fleming and McClory created Blofeld in tandem, and as early as 1961, when the book was published, McClory sued Fleming for not giving him proper credit.

The lawsuit was resolved out of court, and Blofeld — who changed physical appearances (and actors) but, at least on film, usually kept the tight-fitting grey suit and yen for cat-stroking — wormed his way into the Bond-iverse.

His first screen appearances were in From Russia With Love and Thunderball, in which he was tantalizingly obscured. His face was finally revealed, with a nasty-cool scar, in You Only Live Twice, where he was played by Donald Pleasance.

Through the '60s and '70s, McClory tried to circumvent his settlement to launch his own Bond franchise, which would duel with the existing one over at Eon Productions.

In the early '80s McClory and conspirators were able to get one film off the ground, but he was only legally allowed to do a version of Thunderball. That film was Never Say Never Again and it was the last the world saw of Blofeld.

This new settlement may change that. Or maybe it won't. Perhaps we'll have to wait for another few films until the relaunched franchise gets to him. Or maybe he'll dominate the next film, to be directed by Skyfall helmsman Sam Mendes. Feel free to hold your breath.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Brittany Murphy. ALL PHOTOS GETTY IMAGES

Was Brittany Murphy poisoned?

When Brittany Murphy passed away suddenly in 2009, the official cause of death was pneumonia and anemia. Most people assumed that, in the case of a super-skinny, erratic starlet, that was a euphemism for death by drug abuse. When her husband, Simon Monjack, died just five months later of the same cause — pneumonia and anemia — that fit neatly in with the theory.

However, Murphy's father, Angelo Bertolotti, wasn't satisfied. He recently secured the rights to send samples of Murphy's hair and tissue to a lab for independent testing. The Examiner has the lab report, and it tells a shockingly different story:

"Ten of the heavy metals evaluated were detected at levels higher than the WHO (World Health Organization) high levels. ... If we were to eliminate the possibility of a simultaneous accidental heavy metals exposure to the sample donor then the only logical explanation would be an exposure to these metals (toxins) administered by a third party perpetrator with likely criminal intent."

Heavy metals such as those found at high levels in Murphy's body are often present in rat poison and insecticides. They can cause all the symptoms that Murphy and Monjack suffered before their deaths.

It's hard to remember all the way back to 2007 when Murphy and Monjack were married, but the two were frequently the target of tabloid speculation. Monjack had a shady, criminal past, and once they were hitched, Murphy started to act increasingly strange and appear increasingly gaunt. She started losing jobs — she was allegedly fired from The Caller due to being difficult, with Monjack picking fights. Shortly before Murphy's death, Monjack was rushed to a hospital after his plane landed at LAX. TMZ reported that Monjack was incoherent when EMTs boarded the plane. An asthma attack was blamed for his behaviour.

To make it even weirder, Sharon Murphy, Brittany's mother, continued to live with Monjack after her daughter's death, even sharing a bed with him.

DOROTHY ROBINSON/METRO WORLD NEWS IN NEW YORK CITY

Taylor goes house hunting in Harry's 'hood

While her relationship with Harry Styles is long since dead, that doesn't mean Taylor Swift can't be neighbours with the One Direction star. Swift was spotted house hunting in London recently, looking at properties in the posh St. John's Wood area, according to E! News. "She was looking at houses in the range of seven to eight million pounds," a source says. (That's as much as $13.5 million.) "The properties that Swift has looked over are huge houses, complete with panic rooms and everything."

Taylor Swift

The Word

The dictionary people just want to be friends with celebrities

MELINDA TAUB
Metro World News in New York City

I think the Oxford English Dictionary is trying to suck up to Kim Kardashian.

What other explanation could there be for their selection of "selfie" as the word of the year? Is word of the year even a thing? Stop trying to make word of the year happen, Oxford English Dictionary.

The official explanation for the OED's choice of selfie is the word's sudden ubiquity. "It's not a new word," their blog explains. "But our word of the year need not be a new word. However, it does need to demonstrate some kind of prominence over the preceding year or so and selfie certainly fits the bill. It seems like everyone who is anyone has posted a selfie somewhere on the Internet. If it is good enough for the Obamas or the Pope, then it is good enough for word of the year."

Whatever, OED. All I can say about this clear attempt to get RTed by selfie addicts like Kim Kardashian and Miley Cyrus is, please let me know if it works, because I would also like to be friends with celebrities. This is The Word, after all. The Word's word of the year could totally be a thing.

I have to admit that the art of selfies has been significantly refined this year. Celebs like Chris Pratt and Kim Kardashian use them to show off their slammin' bods. Beyoncé debuted a bold new haircut. Miley Cyrus took one in a wedding dress, apparently to quell rumours that her engagement to Liam Hemsworth was in trouble (it was, of course). And, of course, regular folks took selfies too. Usually at funerals.

Justin Bieber

Seems the Biebs' now-public confidentiality agreement is for real

Justin Bieber's attempts to keep the goings-on at his house parties quiet aren't necessarily working, as a guest from his all-night bash last week leaked the confidentiality agreement the pop star reportedly makes guests sign to TMZ. And one of his regular guests, marijuana dispensary owner Milk Tyson, confirms to E! News that the document is legit. "It's very unfortunate that someone would do that," he says of the leak, adding that it "may have been one of the girls." Tyson didn't give details about the party, but he did confirm that Snoop Dogg was in attendance.

Meanwhile, there's yet another sour note in Bieber's controversy-filled Latin American tour. Mexico's president has denied a tweet in which the singer said he met with the president and his family prior to a show. WITH FILES FROM THE ASSOCIATED PRESS

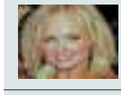
Sorry world, even Hannah Montana has to grow up sometime

How can Demi Lovato put this nicely? All of Miley Cyrus' tongue-wagging, naked antics might be distracting attention from her singing. "A lot of artists take that route of shock value and that's totally fine and that's great, but I think that she has an incredible voice that's overshadowed by some of the things that she's doing," Lovato tells Katie Couric during an interview.

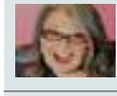
Demi Lovato

Still, she's sympathetic to her longtime friend. "I think that the world needs to get over the fact that she was Hannah Montana when she was 16 or whatever," the former child star says. "Same thing with me, but I guess my transition was a little different because I went straight to rehab. I didn't twerk; I just went to rehab."

Twitter



@EmmaBunton
I should have a disco nap!



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The city on the St. Lawrence River offers walks down centuries-old streets lined with elegant architecture and historic sites. Best of all, many of Montreal's greatest attractions can be experienced for free. Here are five free things to do on a visit to Montreal.

PHOTOS AND STORY: THE ASSOCIATED PRESS

5 Free things to do in Montreal

Mount Royal

You can look up and see the towering trees of Mount Royal from nearly everywhere in Montreal. The nearly 200-hectare park tops out at 770 feet and boasts running, hiking and biking trails, an overlook onto downtown Montreal and a large lake. Frederick Law Olmsted, the man behind New York's Central Park, drew the plans for the park.

Old Montreal and Old Port

The historic Old Montreal or Vieux Montreal district stretches along the St. Lawrence River in the southern part of Montreal. You could spend hours wandering the twisty, narrow walkways. Along the banks of the river at the Old Port, watch barges from a tree-lined park. A walking tour could include the Notre Dame Basilica and Montreal City Hall.

Montreal Museum of Fine Arts

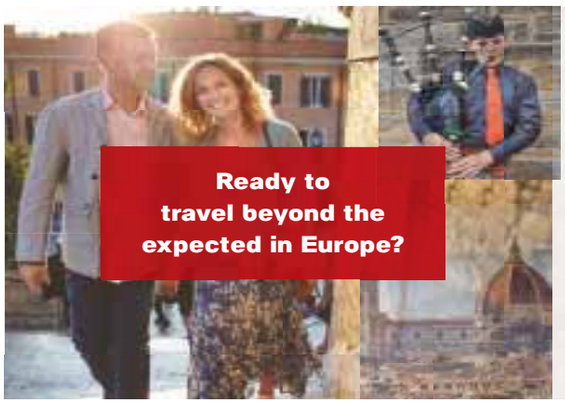
The collection at the Montreal Museum of Fine Arts ranges from the European Renaissance, Rembrandt and Monet to Inuit sculpture, Jean-Michel Basquiat and other modern works. Admission to the general collection and outdoor sculpture garden is free but there is a charge for special exhibits.

Notre Dame de Bon Secours Chapel

A large statue of the Virgin Mary stands atop this church on the St. Lawrence River, leaning forward to welcome sailors into harbour. The origins of this ornate church date to the 1650s and the chapel visitors see today dates to the 1770s. Inside frescos, statues and altar artwork rival that of European churches. But the chapel earns its charm from the small replicas of sailing boats that hang from the ceiling like chandeliers, each with vigil candles.

Jean Talon Market

Small markets dot the Montreal streets but one of the larger and more interesting is Jean Talon Market or Marche Jean-Talon. The market has both covered and uncovered stalls filled with seasonal produce, cheeses, pastries and breads and other local specialties, like maple syrups. It all makes for a colourful and lively walk past vendors speaking French and English to customers.



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Beaver Creek.
Colorado ski resort has something luxurious for everyone

ANDREW DOBSON
life@metronews.ca

Beaver Creek, near Avon, Colo., offers a playground for well-to-do couples and families keen on experiencing the crème de la crème in fine dining, resort accommodation and Rocky Mountain alpine adventures.

The resort has 25 lifts and 150 conventional trails. In addition to skiing and snowboarding, Beaver Creek has a dedicated Nordic and snowshoe centre.

Guests have the opportunity to explore 32 km of trails as well as Haymaker Tubing Hill, which offers sliding fun for those three feet and taller. Outfitters in the area also offer snowmobile tours, dog sledding and winter fly fishing.

Beaver Creek features 25 lifts and 150 conventional ski trails. CHRIS MCLENNAN

Family friendly New Year's Eve

The third Annual NYE Family Fun Carnival is always a big hit with locals and tourists alike. Each year the alfresco party sells out, so be sure to book your tickets early. The event starts with a Torchlight Ski Down at 6:15 p.m. followed by fireworks that blast off in The Village at 6:45 p.m. Guests stay up until the wee hours of the night with the opportunity to enjoy carnival midway games, interactive inflatable fun, pool tables, foosball, arcade, dancing, a photo booth and two balloon drops.

The Pines Lodge

Nestled among ancient aspen and pine groves on the slopes of Beaver Creek Resort, this lodge offers a great view of the Colorado Rockies with handy ski-in/ski-out access.

The 60-room lodge is home to Grouse Mountain Grill — an AAA Four Diamond Award-winning restaurant — outdoor pool, Jacuzzi and fitness centre.

Guest rooms feature rich pine wood, a marble bath area, ski boot heaters, plush bathrobes and RockResorts Spa products.

Condominiums and townhomes are also available and feature one to four bedrooms with spacious living areas, full kitchens, washer and dryers, balconies, soaking tubs and fireplaces.

Cabin feast

If you're making the trip down to Beaver Creek, check out Beano's Cabin. In the winter guests are picked up in a sleigh and whisked up the mountain to the restaurant's jaw-dropping location.

The decor is classic Rocky Mountain lore, complete with bear skin hide, antique ski and snow shoes, a deer bust, framed cowboy-loving landscapes and elk antler chandeliers.

The five-course dinner, prepared by executive chef Bill Greenwood, offers exquisite culinary panache on the plate paired with a live band that croons moody Gordon Lightfoot ballads.

Treat yourself

Those looking for a bit of pampering should book themselves into the Allegria Spa at The Park Hyatt.

Start off your visit at the relaxing Aqua Sanitas, modelled on ancient Roman baths. Guests can indulge in a self-guided water ritual with a thermal pool, caldarium mineral pools, rain shower, caldarium steam room and tepidarium — a warm room heated by an underfloor heating system. From the spa menu, signature treatments include a Ginger Peach Cure and Slumber Massage.

Come fly with me!

Air Canada recently announced non-stop winter service from Toronto to Vail/Eagle Airport commencing Dec.14, which means Ontario-based ski bums now have an opportunity to conquer new North American moguls and mountains this ski season.

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Chicken Pot Stickers go from blah to yum with a drool-worthy filling

Chicken Pot Stickers

This recipe makes 28 pieces. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

When I go for dim sum, I enjoy pot stickers. But, as with egg rolls, I often find the fillings boring, and tasty only with the dipping sauce. My version of pot stickers has a delicious filling, and they're easy to prepare.

If wontons aren't available, use small egg roll wrappers.

These can be prepared early in the day and kept refrigerated. Cook just before serving.

Ingredients

Sauce
- 1/2 cup Hoisin sauce, divided

Filling
- 8 oz lean ground chicken
- 1 clove finely chopped garlic
- 1 chopped green onion
- 2 tbsp chopped cilantro
- 28 small wonton wrappers
- 1/2 cup low-sodium beef or chicken stock
- 3 tbsp chopped cilantro

1. Measure out about 2 tbsp of the Hoisin sauce and set aside.

2. To make the filling: Combine the chicken, garlic, green onion and cilantro in the bowl of a food processor. Add the 2 tbsp of reserved sauce, and pulse on and off until the filling is finely and evenly chopped and everything is well combined.

3. Place 2 tsp of the filling in the centre of each wrapper. Pull the edges up to make a small bundle, pleating and bunching. Press the edges together to seal.

4. In a large nonstick skillet lightly coated with cooking spray, cook the pot stickers, flat side down, over medium high heat for 3 minutes or until they are golden brown on the bottom.

5. Add the stock and reduce the heat to low. Cover and cook for 2 minutes or until cooked through. Remove from the pan and discard any remaining stock. Serve with the remaining sauce. Garnish with cilantro. THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Nutritional analysis

Per serving: 81 calories, 15 g carbohydrates, 0.6 g fibre, 4 g protein, 0.6 g total fat, 0.1 g saturated fat, 12 mg cholesterol, 230 mg sodium

Drink of the Week

Spiced Mexican Coffee

- 4 cups (1 l) water
- 6 cinnamon sticks
- 2 vanilla beans, split
- 1 tbsp (15 ml) honey
- 1/3 cup (75 ml) finely ground Viennese or Italian roast coffee
- 6 packets Pure Via sweetener
- 3/4 cup (175 ml) 1% low fat milk, steamed

Combine water, cinnamon sticks, vanilla beans and honey in 3-quart (3 l) saucepan. Heat on medium heat to boiling, stirring frequently. Stir in coffee and Pure Via sweetener. Remove from heat. Let steep 5 minutes. Strain coffee into six small mugs. Discard cinnamon and vanilla. Top evenly with steamed milk and serve. NEWS CANADA/ PUREVIA.CA

Ancient Mughlai cuisine on your modern kitchen table

Chicken Korma is a mild, aromatic and creamy curry dish originating from ancient Mughlai cuisine.

Often served at weddings or special occasions, its wonderful flavour comes from blending a number of spices with a mix of almonds and yogurt.

This recipe serves six. DAIRYGOODNESS.CA

Ingredients

- 2 tbsp (30 ml) butter
- 1 tbsp (15 ml) vegetable oil
- 1 onion, finely chopped
- 1 tbsp (15 ml) minced garlic
- 1 1/2 tsp (7 ml) minced ginger root
- 1 tsp (5 ml) ground coriander
- 1/2 tsp (2 ml) chili powder
- 1/2 tsp (2 ml) garam masala
- 1/4 tsp (1 ml) ground turmeric
- 2 tbsp (30 ml) ground almonds
- 2 tbsp (30 ml) tomato paste
- 1 1/4 lbs (625 g) boneless skin less chicken breasts, cut into 1-inch (2.5 cm) pieces (about 3 cups/750 ml)
- 1 cup (250 ml) plain yogurt, whisked until smooth
- Salt to taste
- Pinch of dried fenugreek leaves
- Chopped fresh cilantro

1. In deep non-stick skillet, heat butter and oil on medium-high heat until butter melts. Add onions and sauté 2 minutes or until soft and fragrant. Add garlic, ginger, coriander, chili powder, garam masala and turmeric; sauté for 30 seconds or until fragrant, being careful not to burn.

2. Stir in almonds and tomato paste, and sauté for 2 minutes to blend well with the spices. Stir in chicken and sauté until lightly browned on all sides, about 3 to 4 minutes.

3. Stir in yogurt; cover, reduce heat to medium and simmer for 6 to 8 minutes until chicken is completely cooked through. Season with salt and sprinkle dried fenugreek leaves. Cook covered for 2 to 3 minutes or until the mixture comes to a boil. Garnish with cilantro. DAIRYGOODNESS.CA

Dinner. Chicken Fettuccine with Veggies

1. In skillet, melt 15 ml (1 tbsp) butter over medium-high heat; sauté chicken, garlic and Italian seasoning 8 minutes or until chicken is browned and no longer pink inside. Transfer to a bowl; set aside.

2. In large pot of boiling, salted water, cook pasta 10 minutes or until al dente.

3. Return skillet to medium-high heat; add remaining butter. Sauté onion and mushrooms 5 minutes or until onion is translucent. Sprinkle with flour; stir in pepper and salt and cook, stirring, 2 minutes. Gradually stir in milk and cream; cook, stirring, 5 minutes or until creamy, smooth and thickened. Remove from heat; stir in cheeses.

4. Drain pasta and return to pot. Pour in sauce, reserved chicken, tomatoes and sour cream and toss to coat. THE CANADIAN PRESS/ HENRY STAM OF REHOBOTH FARMS IN GRUNTHAL, MAN. FOR MILKCALENDAR.CA

Ingredients

- 30 ml (2 tbsp) butter, divided
- 2 boneless skinless chicken breasts, cut into thin strips
- 2 cloves garlic, minced
- 15 ml (1 tbsp) dried Italian seasoning
- 300 g (10 oz) fettuccine pasta noodles
- 1 small onion, diced
- 4 to 5 small mushrooms, sliced
- 30 ml (2 tbsp) all-purpose flour
- 2 ml (1/2 tsp) pepper
- 1 ml (1/4 tsp) salt
- 500 ml (2 cups) milk
- 125 ml (1/2 cup) 10% cream
- 250 ml (1 cup) shredded mozzarella cheese
- 75 ml (1/3 cup) grated Parmesan cheese
- 2 tomatoes, diced
- 125 ml (1/2 cup) sour cream

PowerPoint personalities: Meet the four faces of a fantastic workforce

Who do you think you are? Identifying your personality type can help you focus your career down a path best-suited to you

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When all four personality types are represented within a company, great outcomes are guaranteed. ISTOCK

In a competitive job market, it's important to show employers that you have what it takes to become a valued member of their team.

Employers look beyond hard skills and experience — they also want to know if your personality type will suit their needs, and will sometimes even conduct personality tests during the hiring process.

So, how can you identify your personality type?

Software Advice CEO, Don Fornes, along with psychiatrist Dr. James Maynard and researcher Holly Regan, found that top-performing employees can be categorized into one of four desirable personality types: The Giver, the Champ, the Matrix Thinker and the Savant.

The Giver

This employee puts the needs of others before their own.

They work hard and frequently go above and beyond what is expected of them.

Their pleasant nature and eagerness to please is often appreciated, but they can be prone to burn out because of their tendency to take on extra work and put others first.

Givers are team-players, non-confrontational and conflict-averse.

When Givers are stressed, they tend to suffer silently because they don't want to rock the boat.

They may possess good leadership skills, but usually would rather be in a support role.

Givers can improve their job performance by establishing a clear understanding of work priorities and expectations with team members and managers.

The Champ

An enthusiastic people-person — many successful salespeople and politicians are in this category.

Champs are driven, confident, motivated and skilled at reading people's emotions. Champs prefer to be independent and strive toward personal success.

They sometimes have difficulty working towards a team or group objective. While Champs believe in themselves and the companies they work for, they can develop an inflated ego and they often have a chip on their shoulder from past hardships.

This can lead Champs to be stubborn and belligerent with management and fellow employees.

Where possible, an office Champ should learn more about other coworkers' responsibilities through teamwork or job shadowing. This will help them develop a sense of perspective.

The Matrix Thinker

This is a creative employee who often thinks outside the box.

A Matrix Thinker is a clever problem-solver and an innovative connector of ideas. The Matrix Thinker can be a revolutionary, but can also be disorganized, impulsive and easily distracted.

They may have difficulty completing projects on time because of their tendency to constantly jump from idea to idea.

This personality type often has difficulty relating to co-workers. They prefer to work alone so that they can have control over their projects and have difficulty handling criticism.

Matrix Thinkers should push for the time and resources they need to do the innovative work that makes them so valuable — and then deliver results.

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The Savant

This is a team member who is really, really good at what they do.

- They have incredible focus and are determined to become experts in their field. Savants are most successful when working in a field that involves intensive knowledge of a specific topic.
- They are often skilled writers, researchers and engineers. Savants are perfectionists and may have trouble dealing with opposition to their expert opinion. They are often introverted and suffer social anxiety.
- A workplace Savant should try and integrate with their team. Participating in team projects and activities will help them build a rapport and exercise their social skills.
- Recognizing these personality types in the workplace can help you identify where your contributions provide the most value and targets areas of potential growth.

Durant relishes chance to prove critics wrong

Roughriders quarterback Darian Durant speaks to the media Tuesday. MARCO VIGLIOTTI/METRO

#dariansfault. Riders QB wants to show he can win the big game in third Grey Cup appearance

MARCO VIGLIOTTI
Metro in Regina

After years of criticism in football-mad Saskatchewan about his inability to win the big game, Roughriders quarterback Darian Durant is approaching Sunday's Grey Cup tilt in Regina with a chance to cement his legacy as one of the CFL's premier pivots.

"Quarterbacks are measured off of championships," Durant told reporters on Tuesday at Mosaic Stadium about his motivation heading into the Grey Cup game against the Hamilton Tiger-Cats.

"To finally be able to get (a Grey Cup) would mean the world to me."

Despite leading Saskatchewan to Grey Cup games in 2009 and 2010, Durant has often taken the brunt of criticism from the Rider faithful for those two defeats.

Though a heartbreaking too-many-men penalty robbed the Riders of the 2009 championship, Durant has been the poster boy for recent big-game letdowns — best symbolized by the widespread use of the hashtag "Darian's fault" on Twitter when the team has suffered miscues outside of its quarterback's control.

While parroting the company line about putting the team before the individual, Durant admits he's relishing the opportunity to prove his critics wrong by winning his first Grey Cup as a starting quarterback in arguably the biggest game in the franchise's history.

"I think it is human nature, whenever you're being talked about in a negative way, to want to prove people wrong," he explained, adding that he hasn't let the criticism change him as a player.

"At the end of the day, all I can do is just go out and play football to the best of my ability. And that's what I've been doing."

Austin leads Ticats' leap into Grey Cup

Hamilton Tiger-Cats head coach Kent Austin is a figure that literally looms large over Mosaic Stadium, site of the 101st Grey Cup.

That's because a 21-metre-high banner of Austin hangs outside the stadium, which is home to the Saskatchewan Roughriders football club. It's a tribute to the quarterback who guided the Riders to the 1989 Grey Cup championship and was head coach when the Green and White clinched the title in 2007.

Austin left the Roughriders after the championship win and spent five years in the U.S. college ranks before becoming Hamilton's head coach and general manager last December.

Saskatchewan spoiled Austin's return to Regina in the regular season with a 37-0 win over the Ticats in July.

But Riders head coach Corey Chamblin says the Ticats are "a totally different team" now.

"They do so many different things from when we played them early in the season," Chamblin said at a news conference Tuesday. "They've totally changed ... a lot of things that they've done and I'm sure (they think) the same thing when they look at us on film, so it'll be a fresh game and it'll be one of those where there'll be a lot of adjustments throughout the course of that game."

Hamilton heads into the Grey Cup game on a roll, having won 11 of its last 15 games, including last week's East Division final against 2012 Grey Cup champion Toronto.

THE CANADIAN PRESS

Last meeting

The last time Saskatchewan and Hamilton faced each other in the Grey Cup was in 1989, when Kent Austin quarterbacked the Riders. Saskatchewan won 43-40 with a last-second field goal from Dave Ridgway.

Tiger-Cats head coach Kent Austin will face his former team in the Grey Cup. THE CANADIAN PRESS

Weekly awards

Sheets named top offensive player

Saskatchewan Roughriders running back Kory Sheets is the CFL's offensive player of the week after leading his team to a berth in the Grey Cup.

Sheets had a season-high 28 carries for 177 yards and scored a touchdown to help Saskatchewan defeat Calgary 35-13 in the West.

Teammate Jermaine McElveen was named defensive player of the week after posting a team-high five tackles and an interception.

Roughriders linebacker Diamond Ferri earned special teams honours after recording four special teams tackles and three defensive tackles in Saskatchewan's win.

Tiger-Cats receiver Andy Fantuz of Chatham, Ont., captured top Canadian honours for recording a season-high 11 receptions for 114 yards and a pair of touchdowns in Hamilton's 36-24 win over Toronto in the East final.

THE CANADIAN PRESS

Roughriders running back Kory Sheets. STEVE RUSSELL/TORSTAR NEWS SERVICE

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Henry Burris runs the ball during the CFL East final in Toronto. Burris has endured wholesale changes in Hamilton this year, leading his team to this Sunday's Grey Cup in Regina. NATHAN DENETTE/THE CANADIAN PRESS

Ticats' Grey Cup run a family affair for Burris

CFL. Ahead of clash with Roughriders, Hamilton QB and clan embracing football folklore

Henry Burris is thrilled to have delivered Hamilton Tiger-Cats fans their first Grey Cup berth since 1999. But now the 38-year-old quarterback can give his youngest son, four-year-old Barron, the opportunity to learn about the cup's rich history.

"I asked Barron on Thursday night when we were talking, 'Do you know what the Grey Cup is,' and he was like, 'Daddy, no, I don't know what it is,'" Burris said. "When he said that, I almost went to tears."

Barron will be able to experience it all first-hand, thanks in large part to his father. Burris threw for 371 yards and three TDs to rally Hamilton to a wild 36-24 win over the Toronto Argonauts in the East Division final Sunday. The Ticats will face the Saskatchewan Roughriders in the Grey Cup on Sunday in Regina.

Burris's oldest son, Armand, had the chance to experience a Grey Cup in '08 when Burris led the Calgary Stampeders to the CFL championship. But Barron wasn't yet born so this will be his first Grey Cup experience.

Forget about the ring or $16,000 winner's share — seeing his youngest son soak it all in and being there to experience it with him is priceless for Burris.

"They (your family) go through all the sacrifices, being in the stands when people are getting after you saying all types of things about their Daddy, this is what it's all about at the end of the day," Burris said after Sunday's win. "I told him (Barron) I wanted to help make his dream come true for him one day and here we are now. This is truly amazing."

Rallying Hamilton from a 24-10 deficit against Toronto also exorcised some demons for Burris, who pounded the ground after his latest win.

"It just seemed like all the demons of the past four years, what an organization threw at me and all the people have thrown at me, I was just letting them go," Burris said.

THE CANADIAN PRESS

Memories that last a lifetime

"It's all about giving your children and family an experience they will never forget."

Hamilton quarterback Henry Burris discussing the thrill of victory in the CFL playoffs

Standout in Steeltown

Named the CFL's outstanding player in 2010 with Calgary, Burris was replaced as a starter the next season and dealt to Hamilton.

- **2012.** While Burris enjoyed the best season of his career, Hamilton slumped to a 6-12 record.
- **2013.** Despite a new roster, a new coach in Kent Austin and a new temporary home in Guelph, Burris led the league in passing while the Ticats improved to 10-8.
- **Playoffs.** Hamilton beat Montreal in the East semi-final in OT and routed the Argos in last Sunday's final, booking their passage to Regina.

NHL. Ovi, Sid party like it's 2009 with 1st place on line

Dan Bylsma remembers the uneasy feeling.

It was Game 2 of the 2009 Eastern Conference semifinals between the Pittsburgh Penguins and Washington Capitals when Sidney Crosby and Alex Ovechkin were going goal-for-goal.

"It felt like every time they got the puck, they were going to do something with it," the Penguins coach said. "It's nice to see when your guy has it, but when you see their guy doing the same thing, it ended up being (like) who's going to score last is going to win this game."

Crosby scored last as each of the NHL's top stars recorded a hat trick, but Ovechkin and the Caps won the game. The Pens won the series and went on to capture the Stanley Cup.

That was the height of the Crosby versus Ovechkin rivalry.

Concussion problems derailed Crosby, and Ovechkin needed to switch from left to right wing to regain his scoring touch, but Wednesday night they meet in Washington atop their games simultaneously for the first time in years.

Consider it a rivalry renewed as the Penguins and Capitals play for first place in the Metropolitan Division and Crosby and Ovechkin revive the debate about who is the league's best player. Ovechkin has 40 goals and 13 assists in his past 42 games dating to last season, when he won the Hart Trophy as NHL MVP, while Crosby has 19 goals and 42 assists over the same span.

THE CANADIAN PRESS

Sidney Crosby and Alex Ovechkin will renew their rivalry Wednesday night when the Penguins visit the Capitals. THE ASSOCIATED PRESS FILE

World Cup qualifiers

Ronaldo plays trick on Sweden

The irrepressible Cristiano Ronaldo scored a dazzling hat trick to send Portugal into the 2014 World Cup finals at the expense of Zlatan Ibrahimovic's Sweden on Tuesday, while France advanced by conjuring a remarkable turnaround against Ukraine.

Iceland failed in its bid to reach soccer's biggest stage after losing to Croatia.

THE ASSOCIATED PRESS

Lance Armstrong saga

Ex-head of UCI rejects doping coverup claim

Former UCI president Hein Verbruggen called Lance Armstrong's claim that he helped cover up the rider's doping at the 1999 Tour de France a "ridiculous story" and said Tuesday he has nothing to fear from an independent investigation.

Armstrong alleged collusion by Verbruggen during his first Tour victory in an interview published Monday in Britain's Daily Mail.

THE ASSOCIATED PRESS

World Cup skiing

Vonn crashes out during training

Reigning Olympic downhill champion Lindsey Vonn has crashed while training ahead of her return to racing following major knee surgery.

U.S. Ski Team spokesman Tom Kelly said Tuesday that Vonn is being evaluated at a hospital after being taken off the slope at Copper Mountain, Colo., on a sled. Kelly said he is not sure whether Vonn hurt her surgically repaired right knee.

THE ASSOCIATED PRESS

NBA

Kobe's return still in holding pattern

Kobe Bryant has participated in another full practice with the Los Angeles Lakers.

Bryant still isn't sure when he'll be back in uniform, but his second workout with his teammates Tuesday left him optimistic about his return. Bryant hasn't played since tearing his Achilles tendon last April.

THE ASSOCIATED PRESS

Rockets glide past Celtics

Rockets centre Dwight Howard shoots over the Boston Celtics' Jared Sullinger on Tuesday night in Houston. Howard had 10 points and 11 rebounds and Terrence Jones scored a career-high 24 points and grabbed boards to lead Houston to its third straight win, 109-85. SCOTT HALLERAN/GETTY IMAGES

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NYI-Toronto. Kessel leads Maple Leafs in sinking Islanders

Phil Kessel scored a pair of goals as the Maple Leafs beat the New York Islanders 5-2 on Tuesday for Toronto's second win in a row.

Trevor Smith, Mason Raymond and David Clarkson also scored for the Maple Leafs (13-7-1). Jonathan Bernier made 35 saves for the win.

Smith had a three-point night, as did Joffrey Lupul, who had three assists.

Casey Cizikas and Frans Nielsen replied for New York (8-11-3), and Kevin Poulin stopped 19 shots in the loss. THE CANADIAN PRESS

Taking their shots

The Leafs were badly outshot again (37-24) versus the Isles, a common theme in most games this season. Going into Tuesday night, Toronto was averaging 35.8 shots against per game (third-most in NHL), while taking only 26.6 shots per game (third-fewest in NHL).

Minnesota-Montreal

Pacioretty gets tricky against Wild

Max Pacioretty broke out of a slump with a natural hat trick in the second period and the Montreal Canadiens skated to a 6-2 victory over the Minnesota Wild on Tuesday night.

Michael Bournival, Daniel Briere and Alex Galchenyuk also scored for the Canadiens (11-9-2), who had only 18 goals in their previous 11 games.

Nino Niederreiter and Dany Heatley scored for the Wild (13-5-4), which ended a four-game winning streak and an eight-game undefeated run. THE CANADIAN PRESS

Revitalized Flyers keep hot streak going over Sens

Flyers goalie Steve Mason makes a save on a shot by the Senators' Cory Conacher on Tuesday in Philadelphia. DREW HALLOWELL/GETTY IMAGES

Ottawa-Philadelphia. Timonen racks up three points, Mason stops 32 shots to push Philly to 4-0-1 over its last five games

After a terrible start, the Philadelphia Flyers are back on track.

Kimmo Timonen had a goal and two assists, Steve Mason made 32 saves and the Flyers beat the Ottawa Senators 5-2 Tuesday night.

Claude Giroux, Sean Couturier, Wayne Simmonds and Adam Hall also scored for Philadelphia, which is 4-0-1 in its last five games after a 4-10-1 start.

"When you skate hard, create chances, good things will happen," Timonen said. "The team looks good right now. A lot of things are going well for us now and we have to keep it going."

Clarke MacArthur and Kyle Turris each had a power-play goal for the Senators, who have lost two in a row.

Timonen and Simmonds scored 23 seconds apart to snap a 2-all tie in the third period.

Timonen got his first goal of the season on a nifty move to give the Flyers a 3-2 lead. He skated in from the left side and stuffed a backhander past Robin Lehner.

Simmonds then scored on a turnaround slapshot from the slot, and Mason stoned Turris on a penalty shot with 5:06 left to preserve the two-goal cushion.

"Confidence is a big thing," Flyers coach Craig Berube said. "Our top players are producing, getting points and feeling good about themselves."

The Flyers were coming off a 2-0-1 road trip that included a 5-0 win at Ottawa. THE ASSOCIATED PRESS

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	GP	W	L	OL	GF	GA	Pt
Boston	21	14	6	1	59	38	29
Tampa Bay	20	14	6	0	64	50	28
Toronto	21	13	7	1	62	49	27
Detroit	22	9	6	7	54	62	25
Montreal	21	10	9	2	52	45	22
Ottawa	21	8	9	4	60	67	20
Florida	21	5	12	4	46	70	14
Buffalo	23	5	17	1	42	72	11

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	21	13	8	0	59	48	26
Washington	21	12	8	1	69	59	25
NY Rangers	21	10	11	0	43	52	20
Carolina	21	8	9	4	40	59	20
New Jersey	20	7	8	5	42	49	19
NY Islanders	22	8	11	3	63	73	19
Philadelphia	20	8	10	2	40	50	18
Columbus	20	7	10	3	52	57	17

Tuesday's results
St. Louis 4 Buffalo 1
Toronto 5 NY Islanders 2
Philadelphia 5 Ottawa 2
Nashville 2 Detroit 0
Boston 2 NY Rangers 1
Minnesota at Montreal
Chicago at Colorado
Columbus at Edmonton
Florida at Vancouver
Tampa Bay at Los Angeles
Monday's results
Boston 4 Carolina 1
Pittsburgh 3 Anaheim 1
Calgary 5 Winnipeg 4 (SO)

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	21	14	3	4	78	61	32
St. Louis	20	14	3	3	70	47	31
Minnesota	21	13	4	4	55	44	30
Colorado	19	14	5	0	59	41	28
Dallas	20	11	7	2	58	56	24
Winnipeg	23	10	10	3	61	66	23
Nashville	21	10	9	2	48	63	22

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	23	15	6	2	72	59	32
San Jose	21	13	3	5	72	50	31
Phoenix	21	14	4	3	73	66	31
Los Angeles	21	14	6	1	58	46	29
Vancouver	22	11	8	3	56	58	25
Calgary	21	7	11	3	59	79	17
Edmonton	22	5	15	2	53	83	12

Note: Two points for a win, one point for overtime loss.

Wednesday's games — All Times Eastern
Minnesota at Ottawa, 7:30 p.m.
Pittsburgh at Washington, 8 p.m.
New Jersey at Anaheim, 10 p.m.
Columbus at Calgary, 10 p.m.
Thursday's games
St. Louis at Boston, 7 p.m.
Nashville at Toronto, 7 p.m.
Buffalo at Philadelphia, 7 p.m.
Carolina at Detroit, 7:30 p.m.
Chicago at Winnipeg, 8 p.m.
NY Rangers at Dallas, 8:30 p.m.
Colorado at Phoenix, 9 p.m.
Florida at Edmonton, 9:30 p.m.
New Jersey at Los Angeles, 10:30 p.m.
Tampa Bay at San Jose, 10:30 p.m.

MLS PLAYOFFS

CONFERENCE CHAMPIONSHIPS

(Two-game series)

EASTERN CONFERENCE

KANSAS CITY VS HOUSTON

Leg 2 — Saturday's game
Houston at Kansas City, 7:30 p.m.

WESTERN CONFERENCE

REAL SALT LAKE VS PORTLAND

Leg 2 — Sunday's game
Real Salt Lake at Portland, 9 p.m.

CFL PLAYOFFS

101ST GREY CUP

Sunday's game — All Times Eastern
Hamilton at Saskatchewan, 6 p.m.

DIVISION FINALS

EAST DIVISION
Sunday's result
Hamilton 36 Toronto 24

WEST DIVISION
Sunday's result
Saskatchewan 35 Calgary 13

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Indiana	9	1	.900	—
Miami	8	3	.727	1½
Chicago	6	3	.667	2½
Philadelphia	5	7	.417	5
Atlanta	6	5	.545	3½
Charlotte	5	6	.455	4½
Orlando	4	6	.400	5
Detroit	4	6	.400	5
Toronto	4	7	.364	5½
Boston	4	7	.364	5½
Cleveland	4	7	.364	5½
Washington	3	7	.300	6
New York	3	7	.300	6
Brooklyn	3	7	.300	6
Milwaukee	2	7	.222	6½

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	9	1	.900	—
Portland	9	2	.818	1/2
Golden State	8	3	.727	1½
Oklahoma City	7	3	.700	2
L.A. Clippers	7	4	.636	2½
Houston	7	4	.636	2½
Dallas	7	4	.636	2½
Minnesota	7	5	.583	3
Phoenix	5	4	.556	3½
Memphis	6	5	.545	3½
L.A. Lakers	5	7	.417	5
Denver	4	6	.400	5
New Orleans	4	6	.400	5
Sacramento	2	7	.222	6½
Utah	1	11	.083	9

Tuesday's results
Washington 104 Minnesota 100
Detroit 92 New York 86
Miami 104 Atlanta 88
Boston at Houston
Phoenix at Sacramento
Wednesday's games — All Times Eastern
Indiana at New York, 7 p.m.
Washington at Cleveland, 7 p.m.
Brooklyn at Charlotte, 7 p.m.
Toronto at Philadelphia, 7 p.m.
Miami at Orlando, 7 p.m.
Detroit at Atlanta, 7:30 p.m.
Portland at Milwaukee, 8 p.m.
Utah at New Orleans, 8 p.m.
L.A. Clippers at Minnesota, 8 p.m.
Boston at San Antonio, 8:30 p.m.
Sacramento at Phoenix, 9 p.m.
Houston at Dallas, 9:30 p.m.
Memphis at Golden State, 10:30 p.m.

2014 Honda Accord Hybrid

ABOVE PHOTO CONTRIBUTED

Review. Honda's latest hybrid a refined way to get great fuel economy

MIKE GOETZ
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Nothing like a butt kicking to get you motivated.

The 2014 Accord Hybrid debuts a completely new and different hybrid system, unlike anything found on the previous and easily forgotten Accord Hybrid (2004-2006) and/or the slow-selling hybrids still in Honda's portfolio — Civic Hybrid and CR-Z.

This 2014 Honda Accord Hybrid is not just great for a hybrid — it's a great car. For one thing, it is based on the new, ninth-generation Accord, just released to near universal acclaim in 2013. So, like all Accords, the Hybrid offers a stylish, slick-handling package, which offers the same great interior space, and comfort of the previous generation, even though it's slightly smaller.

Honda's hybrid rethink created a system where the all-new 2.0-litre gasoline engine (141 hp and 122 pound feet of torque) only drives the vehicle on its own in "highway" scenarios, when it is electronically coupled to a single overdrive gear.

Otherwise the engine functions in Hybrid Mode, where it spins a generator, which in turn sends electricity to the electric drive motor and to the Lithium-ion battery pack. Yes, Hybrid Mode makes Accord Hybrid function very much like a Chevrolet Volt. In EV mode the gas engine is shut down, and you get about two kilometres of pure electric driving.

Hybrids typically have better city fuel efficiency ratings than their highway ratings, because EV mode only comes on in the city. But Accord's gas engine has been designed to run in a fuel-efficiency sweet spot when powering that one highway gear. Net result is a highway fuel efficiency rating, 4.0 l/100 km, which is quite close to its fantastic city rating of 3.7 l/100 km. The combined rating is 3.8 l/100 km — the best among the current crop of mid-size hybrids.

This engine runs on the Atkinson combustion cycle, which most hybrids adopt because it allows for smoother and faster starting (hybrids always ask their gasoline engines to shut down whenever they can, so re-starts need to be smooth). But the Atkinson cycle is not best for ultimate power.

So Honda created engine camshafts with two sets of lobes (Atkinson and regular). The engine management system figures out which to use and when. The normal Accord is very quiet on the road. This thing is quiet with cheese.

The Accord Hybrid is actually equipped with a noise-making device for EV mode, to get pedestrian attention. I'm not fond of it, but the high-pitch sound recedes from your attention easily enough when you're not 100 per cent paying attention to it, and you can manually turn it off. The hybrid handles similarly to the Accord sedan, which is to say, admirably. The added weight of the electric-drive hardware was compensated with more aluminum panels and suspension bits, and a special rear suspension.

The Accord Hybrid debuts a new tweak to "regenerative braking," by coming on immediately after the driver takes his or her foot of the accelerator. Normal systems come on only when the brake pedal is activated. This does affect the "feel" of the coasting, but it's for a good cause.

The other trippy thing is how the gasoline engine effort and sound is not always directly correlated to what the vehicle is doing on the road. But get used to that, and the hybrid rewards with a smooth and serene driving experience. The three driving modes come and go as they please, in a very seamless fashion.

If you need lots of cargo space, make sure you can live with the Hybrid's smaller trunk. The only other caveat might be price. The Accord is priced at a slight premium over the other mid-size hybrid competitors. While the base model goes for $29,590, the $35,690 Touring model is where you get navigation and the newer convenience and safety features. But either model is an entry into one of the most advanced hybrid and fuel-efficiency technologies currently on the market.

Battery pack

The 1.3 kW/h lithium-ion battery is located behind the rear seat, and is cooled by drawing in air from the interior. The pack sends electricity to the electric drive motor for pure electric drive (EV mode). The pack gets charged in two ways: when that drive motor goes backwards in "regeneration mode" under braking and coasting conditions, and by the generator spun by new 2.0-litre gasoline engine.

Electric motor

The Accord doesn't really have a transmission in the conventional sense. The gas engine is only connected to the drive wheels when electronically engaged to one highway gear. The rest of the time the 124 kW electric drive motor with 226 lb-ft of torque is powering the drive wheels. This drive motor is fed by either the battery pack, or by the adjoining generator, which looks like a smaller version of the electric drive motor.

The impressive Honda electric motor. PHOTO: HONDA

Compare

1. Ford Fusion Hybrid base price: $17,000
2. Hyundai Sonata Hybrid base price: $17,700
3. Toyota Camry Hybrid base price: $17,700

Beautiful oxymoron that is the big Mini

Latest model. From tiny, ground-breaking beginnings the lovable small car has grown over time but it still has people transfixed

AUTO PILOT
Mike Goetz
drive@metronews.ca

The new school has the character and all-round performance too.

The old school was very popular for its practicality and character. BOTH IMAGES BMW

The new-generation Mini just introduced this week at its production facility in Oxford, England, is the biggest Mini ever.

Yes, this is the era of the big Mini, and yes, it sounds oxymoron-ish, but what are you going to do? People like the Mini, they just don't want them actually "mini" anymore.

The design challenge for the original Mini was to make the smallest possible car that would still accommodate four adults and luggage. Designer Alex Issigonis struck upon the idea of using very small 10-inch wheels, all independent suspension, a transverse mounted engine driving the front wheels, and a gearbox and final drive built into the sump of the engine. So compact; so clever!

When it came to fruition, way back in 1959, it basically changed the course of automobile design. It was cheap, practical, roomy for its size, fuel efficient, could turn corners with the best of them, fun to drive, and looked distinctive and cool.

Over 5.2 million examples and variants, under various company names and nameplates, were eventually built and bought. When the last century came to an end, the Ford Model T was named "car of the century," but Mini was not far off the Model T's rear bumper, and was named second most important car of the last 100 years. The template of a transverse-mounted engine and front-wheel drive is still the most predominant way to build a passenger car.

Mini's modern re-boot began in 2001, when the first Mini built under BMW ownership and stewardship hit the market. And you have to admire the way BMW has guided the icon forward.

The Mini unveiled this week is the "third" Mini by BMW and it closely follows the formula of the previous re-design: Modernize and make it slightly bigger, but not so much anyone would notice by looking at in isolation. Leave the styling and iconic shape pretty much alone, because, well, everyone is good with it, and there's a chance you could screw things up.

This new Mini, on sale first in Europe and by spring here, is the first vehicle utilizing BMW's new front-wheel drive platform (called UKL), which is also destined for the next BMW 1 Series. The biggest difference over the previous platform is the increased wheelbase (now 2,495 mm) and lighter weight through more use of high-strength steel. Those two items alone should make Mini a better performer, but BMW promises lots of other goodies, including three new twin-turbocharged engines: the 136-hp 1.5-litre "three cylinder"; the 192-hp 2.0-litre "four cylinder"; and a 116-hp 1.5-litre "three-cylinder" diesel (no word on that diesel coming here).

Interesting new technologies include optional LED headlights, a permanently installed SIM card, electric steering, head-up display, camera-based cruise control and automatic braking if a collision is imminent.

This Mini is only about half a metre longer than the original one, but lots taller and wider. Apparently cargo capacity with the rear seats down is now more than 1,000 litres. Sounds like hot-tub territory to me, and for a Mini, a little big.

In the good old days

When it came to fruition, way back in 1959, it basically changed the course of automobile design. It was cheap, practical, roomy for its size, fuel efficient, could turn corners with the best of them, fun to drive, and looked distinctive and cool.

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Horoscopes

♈ Aries
March 21 - April 20
Some people achieve so much they lose touch with reality, but that's not something you have to worry about. Keep your feet planted firmly on the ground this week, and you'll accomplish more than anyone.

♉ Taurus
April 21 - May 21
Make sure the needs of loved ones are taken care of today, no matter how mundane. You may wish you were doing something more interesting but people are counting on you and you can't let them down.

♊ Gemini
May 22 - June 21
However vague your ambitions may have been in recent months you now know what it is you want and how to go about getting it. Your rivals will try to block your path but they won't succeed.

♋ Cancer
June 22 - July 23
There is a possibility you will waste money on things you don't need over the next 24 hours. But, if it makes you feel good about yourself, maybe it's not a problem. It's only money.

♌ Leo
July 24 - Aug. 23
You will be touchy today, and for no apparent reason. Perhaps it's good you get the bad stuff out of your system now, as later in the week you will have to work closely with people.

♍ Virgo
Aug. 24 - Sept. 23
You may feel vulnerable but try not to withdraw from the world completely. There are still things that need to be done that cannot be done on your own. Try smiling, it helps.

♎ Libra
Sept. 24 - Oct. 23
Someone in a position of power will ask you to take on extra chores today but make sure they define exactly what is expected of you, and make sure you define your limits.

♏ Scorpio
Oct. 24 - Nov. 22
A change of direction may be called for but there is no need to go to extremes. The planets indicate a minor adjustment will be enough to put you back on the path to success.

♐ Sagittarius
Nov. 23 - Dec. 21
You will be on the move today or tomorrow but if you want your journey to be enjoyable, you should plan before you leave. If you leave things to chance, there's no telling where you might end up.

♑ Capricorn
Dec. 22 - Jan. 20
You cannot afford to make decisions about money matters at the moment. The more others push you to move one way or the other, the more you must insist on staying right where you are. There's really no rush.

♒ Aquarius
Jan. 21 - Feb. 19
You may have to give up something you enjoy to please others today, but it will be a sacrifice worth making. In the long-term the more loved ones are happy with life, the more you will be happy with life.

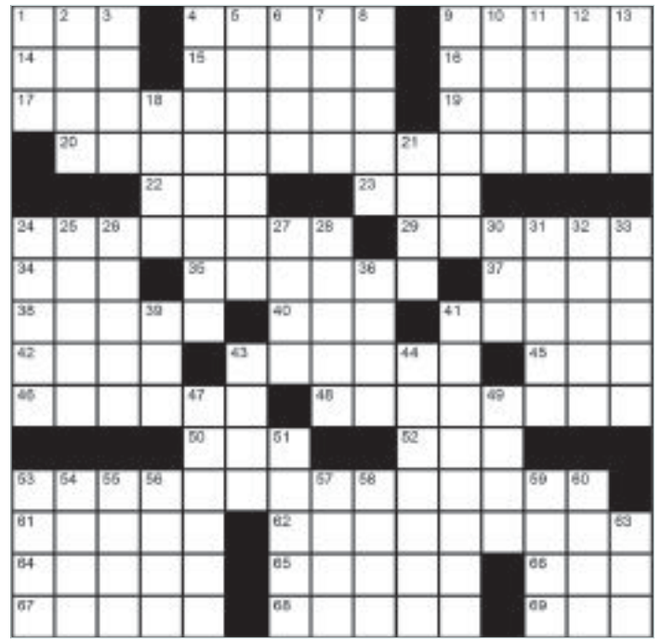
♓ Pisces
Feb. 20 - March 20
Your big idea is almost ready to go public with but if you are smart you will go over it one more time, just in case there is something you have missed.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

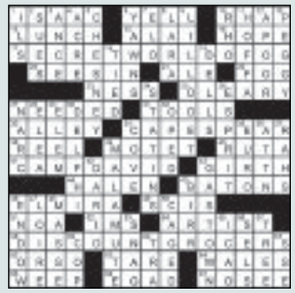
BY KELLY ANN BUCHANAN



Across
1. Ratite bird
4. Bottle type
9. Norwegian dramatist Henrik
14. Poetic contraction
15. League: French
16. Hoity-__
17. Declares
19. "Sharp Dressed Man" band
20. Calgary Flames mascot: 3 wds.
22. Aspiration
23. Battery size
24. Show who's boss: 2 wds.
29. As per #44-Down, pre-video's bottom right corner button after a few seconds: 2 wds.
34. Fit Fiddle link: 2 wds.
35. Like plays, pre-audition
37. Great __ (Dog breed)
38. Guelph-born actress Ms. Campbell's
40. Black Eyed Peas member, __.de.ap
41. "Kung Fu __" (2008)
42. Welsh actor Mr. Gruffudd
43. Produce Dept.: Mango's neighbour
45. Flub
46. Iconic symbol since 1960, created by Toronto-born graphic designer Allan Fleming: acr. + wd.
48. Biblical 12
50. The Who's "Love, Reign __ Me"
52. Theatre's Ms. Hagen
53. Polar Bear, scientific-style: 2 wds.
61. 'Click' dance again
62. Briefcase contents
64. Taper off
65. Sun-dried brick
66. Deer's mom
67. Shirt's info spot
68. Moviedom's Ms. Russo's
69. Choose

Down
1. H, in ancient Greece
2. Ho Chi __ City
3. Forearm bone
4. People line up for shots to avoid it: 2 wds.
5. "Wichita __": 1968 country hit
6. 'A' in CIA, for short
7. Cooking fat
8. Singer of "Tik Tok"
9. Violinist Mr. Perlman
10. Classic television clown
11. What vision correction surgery LASIK stands for, Laser in __ Keratomileusis
12. Collar type
13. Big Apple force [acronym]
18. __ history
21. Cardinal point
24. Janet __, Brockville-born singer/songwriter
25. Apply to: 2 wds.
26. City in Quebec near Montreal
27. Sports org. founded in 1906
28. 10th Greek letter
30. Ms. Lupino
31. Group on a Sunday talk show
32. Canadian impressionist, __-Philippe Gagnon
33. Beloveds
36. High-fiving sound
39. Antacid brand
41. Interests
43. Greeting card's inner message
44. Viral videos venue
47. Music style
49. Domesticated
51. "M*A*S*H" role
53. Russian river
54. Country singer's 2001 to 2007 sitcom
55. Wild guess
56. 'Grad' add-on (Degree getter)
57. Travelled by horse
58. Legendary star
59. Reverse
60. Discontinue
63. Place

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

3			6		9			7
	9		2		4		6	
		1				4		
		4	1		5	6		
1								9
		2	9		8	3		
		9				5		
	8		7		2		3	
7			8		1			6

Yesterday's Sudoku

1	2	6	4	3	9	7	5	8
5	4	9	8	7	8	1	3	2
3	8	7	5	2	1	4	9	6
2	7	5	9	4	3	8	6	1
8	1	3	7	6	5	2	4	9
9	6	4	1	8	2	3	7	5
6	3	1	2	9	7	5	8	4
4	5	8	3	1	6	9	2	7
7	9	2	8	5	4	6	1	3

Today
-17°/-21°
Mainly sunny
Thursday
-16°/-23°
Variable
Know what the weather will be 14 days from now.
Check the 14 day trend.
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